



Vol. 34 No. 5
RAF LAKENHEATH, UK

FRIDAY, FEB. 9, 2007
www.lakenheath.af.mil

Relaxation, health and wellness

All are free at the HAWC

Dress to impress

Make the first impression a good one



PLUS: Longstriders  **Basketball**  **Blotter**



JET 48 Vol. 47 No. 5
Friday, Feb. 9, 2007

**"Anywhere, Anytime ...
Whatever needs done."**

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AT A GLANCE

Royal Air Force Lakenheath

INTEGRITY - SERVICE - EXCELLENCE

Home News Photos Art Library Units Questions Join

Royal Air Force Lakenheath

Royal Air Force Lakenheath, United Kingdom, is located 70 miles northeast of London and 25 miles from Cambridge. As the host wing, the 48th Fighter Wing is also designated the Air Force's Statue of Liberty Wing - making it the only wing with both a numerical designation and an official name. The Liberty Wing has nearly 5,700 active-duty military members, 2,000 British and U.S. civilians, and includes a geographically separated unit at nearby RAF Feltwell. In addition to supporting three combat-ready squadrons of F-15E Strike Eagle and F-15C Eagle fighter aircraft, the Liberty Wing houses the 56th Rescue Squadron's HH-60G Combat Search and Rescue helicopters. RAF Lakenheath is the largest U.S. Air Force-operated base in England and the only U.S. Air Forces in Europe (USAFE) F-15 fighter wing.

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Two issues of the Jet 48 left until Liberty Live debuts on www.lakenheath.af.mil.

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DUI STATISTICS

Last DUI:

☐ 2:15 a.m., Feb. 3

Squadron:

☐ 48th Security Forces Squadron

**ARRIVE ALIVE...
DON'T DRINK
AND DRIVE!**



AADD

AADD Hours: 10 p.m. to 6 a.m. Thursdays through Saturdays and Sundays on three-day weekends. Call 226-4800 or (0800) 280 178.

DUI condition: Yellow

Courtesy of the 48th Fighter Wing Safety Office

ON THE COVER:

Staff Sgt. Natalie Gatewood, HAWC dietician, discusses proper portions of each of the food groups. Sergeant Gatewood holds regular classes on healthy eating to include a commissary tour, cooking courses and more.
(Photo by Airman 1st Class Kris Levasseur)

Stay educated about force shaping

BY BRIG. GEN. ROBERT P. STEEL

48TH FIGHTER WING COMMANDER

As the Air Force transforms, we continue to find more innovative ways to ensure we have the necessary resources to recapitalize and modernize our force to face emerging threats.

One way to fund recapitalization is to better manage personnel costs. Force shaping is one of main initiatives the Air Force is using to accomplish this goal. Force shaping is about balancing resources; having the right number of people in our force saves money and makes us more efficient.

As many of you already know, the Air Force is reducing our force by at least 40,000 Airmen. We are working toward becoming a leaner more lethal force where new technology will enable individual Airmen to do the work of many.

Although this makes sense from an organizational perspective, personally I know many officers and enlisted Liberty Warriors who may be affected by force shaping. Everyone needs to know their options, so whether you're an airman first class or a lieutenant colonel, you need to educate yourself.

Remember, force shaping isn't just about cutting Airmen. The

Air Force is also increasing manning in stressed career fields. Liberty Warriors need to have all the facts to find the best option for themselves and their families.

Before making a decision, I encourage Airmen to read the fine print and know the ins and outs of the Selective

Early Retirement Board, the Reduction in

Force Board, separation bonuses, Date-of-Separation roll back and other aspects of force shaping. I also encourage supervisors and commanders to talk to your Airmen about the options available, like cross-training, special duty assignments, the Blue to Green program, separation and early retirement.

I appreciate the dedication, character and talent of every Airman who serves.

The Air Force does too and is working hard to minimize the impact for those transitioning to civilian life.

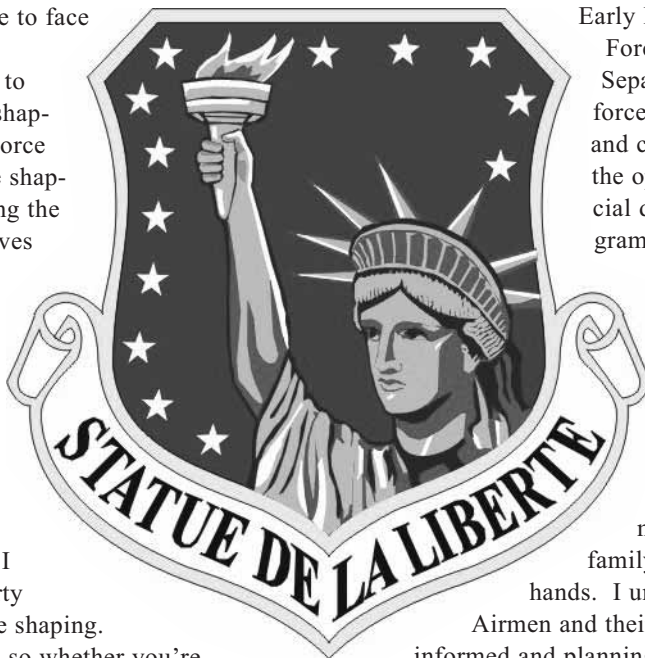
But, as I mentioned before, the best way to minimize the impact of force shaping is to educate yourselves, and make the best decision for you and your

family now before the decision is out of your

hands. I understand how difficult this can be for

Airmen and their families; make it easier by staying informed and planning ahead.

For more information on force shaping programs, contact our military personnel flight at 226-5130, or visit <http://ask.afpc.randolph.af.mil/forceshape/>.



ACTION LINE

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 226-2324, fax 226-5637, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215) or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number and full APO mailing address. Names are confidential.





Liberty SFS blotter

The 48th Security Forces Squadron handled the following incidents from Jan. 31 to Tuesday:

Jan. 31: An Airman reported her property stolen from her vehicle in Brandon

Jan. 31: Security forces responded to a to minor verbal dispute in Windsor Circle

Jan. 31: Security forces responded to a report of protester activity at Gate 1

Feb. 1: Security forces detained a civilian for violation of escort procedures at Bldg. 1035

Feb. 1: An Airman reported damage to government property in the dorms

Feb. 2: A civilian was involved in a vehicle accident at Gate 1

Feb. 2: An Airman was apprehended for driving under the influence of alcohol on Yarmouth Rd.

Saturday: A civilian reported his wallet and ID stolen from the high school gym

Saturday: Security forces apprehended an Airman for assault, disorderly conduct and drunkenness at the 48th Avenue Café

Sunday: An Airman and a civilian were involved in an assault in Ely

Monday: An Airman was involved in a vehicle accident on Wangford Farm Rd.

Tuesday: Two NCOs were involved in an accident on Thor Ave., RAF Feltwell

Tuesday: An Airman was involved in a major vehicle accident on the A-11, Newmarket area

Tuesday: A civilian was involved in a major vehicle accident on the A-11, Thetford-Norwich area

If you have any information concerning any incident, call the security forces control center at 226-2333, (01638) 522 333 or 226-4800, or call your first sergeant. For an emergency on base call 911, and for an emergency off base call 999.

Budget proposal includes 3-percent pay raise

BY DONNA MILES

AMERICAN FORCES PRESS SERVICE

WASHINGTON (AFNEWS) — President Bush's defense budget request for fiscal 2008 includes a 3 percent military pay raise as well as increases for housing, health care and other quality-of-life benefits and programs.

Bush's proposed budget, submitted to Congress today, includes \$137 billion in pay, benefits and health care for 2.1 million active- and reserve-component troops and their families.

That includes \$2.1 billion more than this year for military pay, continuing a trend that has boosted military pay an average of 32 percent since 2001. If Congress approves the request, the typical E-6 sergeant or petty officer would see a \$1,099 pay increase, and the average O-3 captain or Navy lieutenant, a \$1,657 hike in fiscal 2008.

The request also includes \$15 billion for the basic allowance for housing, up 4.2 percent over the fiscal 2007 figure, with a continued goal of ensuring no out-of-pocket housing costs for servicemembers.

An additional \$4.3 billion is earmarked for basic allowance for subsistence.

Also included in the budget request is \$2.4 billion for recruiting bonuses and retention, which officials say is critical to sustaining the all-volunteer force.

The proposed budget provides \$38.7 billion

for health care for 9.2 million military members and their families. Officials said this funding level is important to sustain one of the world's best health-care programs and to ensure that Tricare remains fiscally sound.

Family housing will receive \$2.9 billion under the proposed budget to support an ongoing privatization trend. This will pay to privatize 2,870 additional family housing units, bringing the total to 194,000 by the end of fiscal 2008, officials said.

The budget request also includes \$10 billion to maintain training centers and base infrastructure, an increase of \$1.9 billion over this year's budget, and \$8.2 billion to implement Base Realignment and Closure plans. These plans, recommended by the 2005 BRAC Commission and approved by Congress, include 25 base closures and 24 major realignments.

Officials said the proposed budget will ensure the finest training, equipment and force protection for those who serve in harm's way while continuing the department's commitment to provide a high quality of life for servicemembers and their families.

The proposed budget, officials said, reaffirms the nation's top military priorities: to prevail in the war on terrorism, increase combat capability, improve force readiness, development future combat capabilities and improve quality of life for military members and their families.

Professionalism, openness key to treaties

BY ANDREW BAKER

48TH FIGHTER WING TREATY COMPLIANCE OFFICE

The Treaty Compliance Office is a two-person regional office that represents the 48th Fighter and the 100th Air Refueling Wings in the international arms control arena. They interpret and ensure compliance with applicable treaties. The office is comprised of Mr. Andrew Baker, RAF Lakenheath and Mr. Taylor Kunkle, RAF Mildenhall. Their treaty oversight includes all permanent and temporary Air Force installations in the U.K., Scandinavia, Baltic States and Azores.

There are several arms control treaties in effect and all are intended to foster a more stable environment in post Cold War Europe. The Conventional Forces in Europe treaty most directly impacts RAF Lakenheath. The treaty limits the number of personnel, tanks, artillery pieces, armored combat vehicles, combat aircraft and attack helicopters that each side can have. The F-15s assigned to the wing are accountable under the treaty. The United States can be inspected four times in the treaty year by the former Soviet Bloc countries. In addition, a mock inspection is performed at RAF Lakenheath annually by the Defense Threat Reduction Agency. DTRA also inspects the other side for their compliance. RAF Lakenheath was last inspected by the Russian Federation in April 2004, which was an

unscheduled inspection, and by the United Kingdom in July 2006, which was a mock inspection. Our next mock inspection is in August. This will be a bi-lateral inspection involving a former Eastern Bloc nation.

The Open Skies Treaty was signed in Helsinki, March 24, 1992. The treaty establishes a regime of observation flights to verify member countries' compliance with other arms control treaties which, in turn, fosters trust and confidence. Unarmed observation aircraft, equipped with still and video cameras, infrared devices and side-looking radar are used for this mission. RAF Mildenhall serves as the gateway for U.S. Open Skies' missions. They provide aircraft servicing and mission support for the crew.

The Chemical Weapons Convention prohibits the development, production, stockpiling and use of chemical weapons. The treaty came into force April 29, 1997, and is the most intrusive arms control treaty to date. RAFs Lakenheath and Mildenhall, like all other bases, are subject to inspection. In 2006, RAF Mildenhall hosted a DOD-level CWC exercise inspection.

These are just a few examples of the arms control treaties that directly impact our two wings daily. Professionalism with a sense of openness is the watch-word for any treaty inspection and the daily operating practice of the regional treaty office.

What makes a good leader?

LT. COL. DOUGLAS JENKINS

48TH FIGHTER WING, COMMAND AND CONTROL

I imagine most of you have been in the Air Force long enough to have heard all sorts of leadership philosophies. In case you have not heard one recently, try this one on for size.

1. Do not micro-manage. Tell people what needs to be done, not how to do it.
2. Give people the resources they need to get the job done.
3. Give people the power they need to get the job done.
4. Let people know your expectations, then hold people accountable.
5. Make the tough call when the time comes.
6. Back your people 100 percent even when they make mistakes, if they were doing what they thought was right.

Leaders provide overall direction for what goes on in their organization. They give their people the resources and power required to do their jobs. They set and enforce the standards. Most importantly, they stay out of their people's chili unless it is absolutely necessary for them to be in the chili. While you might think this article is for mid-level leaders, it actually applies to everyone; today's follower is tomorrow's leader. You may gain some nuggets of wisdom that may serve you well in the future.

The key to making any leadership strategy work is communication. People must know what the

leader's vision is and how the leader expects it to play out each day. Occasional reminders are appropriate. These can take the form of roll calls, commander's calls or simple e-mails. Leaders must, however, be careful to avoid holding regularly scheduled meetings just for the sake of having a meeting. Meetings take up valuable time and each one should have a firm agenda and objective.

Another key leadership trait is the ability to be completely open to constructive criticism from any direction. People must know they are free to offer feedback at appropriate times. The fact that a leader may wear commissioned or non-commissioned officer rank does not make them immune to criticism. In order to be effective, a good leader needs information and feedback. When your boss asks if you have any feedback for them they should expect your honest critiques. You are not doing your boss a favor by telling them they are "the heat" when you know they are really "screwing up like you read about."

You are also, believe it or not, not helping your boss by solving a problem "at your level" then not telling them about it. Perhaps you think you are doing them a favor by not bothering them or believe they do not need to know what is going on. Believe me, they want to know and they need to know. While your boss does not want to solve every problem personally, they must be informed about what is going on in their organization. Please refer to leadership philosophy 1; a good boss will not attempt to do your job for you. However, if your

boss does not know what you have done or what solution you have implemented, they may inadvertently be working at cross-purposes with you. Finally, lack of information from you robs your boss of the opportunity to help you by monitoring and following up on the process or fix you have implemented. Make sure you always let your boss know what happened and how you fixed it. This will help you work together and present a consistent leadership tone.

Another key aspect of a successful leadership team is meeting and enforcing standards. Every leader is the keeper of the flame. We are the standard-bearers. We can never falter. We must always do our jobs to the absolute best of our abilities. However, none of us are perfect. When we do err, we must admit our mistake, not try to cover it up. We must not hesitate to correct our own errors when they do occur. Most importantly, we must never hesitate to correct each other. In fighter squadrons there is a philosophy that says, "there is no rank in the debrief." This means when we re-construct the mission to find out where things went wrong, it does not matter if you are the squadron commander or the newest wingman, you will be held accountable, and

someone will critique and analyze your actions so you can correct them in the future. It does not matter if the instructor is a lieutenant and the student is a lieutenant colonel. This is not personal; it is professional. I have lost track of how many times I have been body-slammed and had my errors pointed out to me in great detail in the debrief and then laugh and joke with the same guy an hour later. This process enables organizations to get better.

“Leaders stay out of their people's chili unless it is absolutely necessary.”

*Lt. Col. Douglas Jenkins
48th Fighter Wing, Command and Control*

When you see errors, whether they are simple or serious, you owe it to your co-workers to correct the problem. This includes everyone. No one is immune. I realize this is not easy. It is easy to bring good news and happy words. When we accept leadership roles, we take on the responsibility of delivering harsh words and bad news.

Once we set and enforce the standards among the leadership team, we need to spread the same incredibly high standards among the rest of the organization. Until we, as leaders, are willing to hold ourselves accountable, it is counterproductive to try to enforce high standards elsewhere because the hypocrisy is transparent. All of which brings me to my next point: setting the example.

The young Airmen you work with look to you for guidance. That guidance is spoken and unspoken. It comes through in what you say, how you act, how you do your job and how you treat those around you. You do not have the luxury of setting a poor example. That means your attitude, your willingness to do whatever is required to get the mission done and your professional competence must all be above reproach. You must be the paragon of excellence at all times. You must follow every rule to the fullest extent possible. You cannot be a complete clown act and expect those around you to be anything but a circus.

—See Leadership page 14—



A uniform says volumes
about an Airman before
anything comes out of his mouth.

Dress to impress

BY AIRMAN 1ST CLASS KRIS LEVASSEUR

48TH FIGHTER WING PUBLIC AFFAIRS

Being a new Airman with less than a year of active-duty service, the actions of those around me influences me greatly. I'm still trying to find my way in the Air Force using the examples of others to guide me.

So if you think nobody pays attention to dress and appearance -- you are mistaken.

The way Airmen keep their uniform directly reflects on how good of an Airman they are. The first thing I notice when I meet a new servicemember is how sharp their uniform is. There is nothing that screams "this is a sharp troop" more than a fresh haircut, a clean-shaven face, battle dress uniform creases that could cut you just by touching them and boots shiny enough to give off a blinding reflection.

Making sure your uniform is in excellent condition may be a time consuming task, sometimes taking hours of work, but if you work hard at it, the end result can be quite impressive.

According to AFI 36-2903 uniforms will be neat, clean, pressed, buttoned and properly

maintained. To most people that means spending a couple of hours ironing 2 or 3 times a week or spending a little money to get the uniform dry cleaned. For men, it means getting a haircut a couple of times a month and shaving once or twice daily, and for everyone, getting your hands dirty polishing boots.

Sometimes going the extra step is all that it takes to go from satisfactory to exceptional. Getting your uniforms altered is a good way to march across the line. It is authorized to have your cargo pockets stitched down on your BDU blouses and even your trousers. Instead of ironing your collar down, why not sew it down to make it look sharp all the time?

AFI 36-2903 states that uniform clothing may be altered to improve fit. However, alterations must not change the intended appearance of garment as designed.

There are many different ways to iron your uniform. Some work better than others. Everyone has a different way. Some servicemembers like to fold the arms and legs of their uniforms inside out before applying starch; others just apply starch directly. Some people move the iron consistently; others let the iron rest on each crease before moving it. No matter which way you choose, ironing is a good way to show dedication in your uniform.

In addition to ironing, boots should be polished. Combat boots can sometimes be difficult to polish. It takes a good amount of time to get them to really shine. Deep scuffs are difficult to remove and getting your own technique perfected can be irritating. Purchasing a pair of high performance boots could greatly reduce the amount of time and frequency your boots would need to be maintained.

For those of you who think this is too much work, the Airman Battle Uniform, the new wash and wear uniform selected for the Air Force, will be available for purchase in Army Air Force Exchange Service outlets by October. The ABU doesn't require ironing or starching. The current projected mandatory wear date for the ABU is October 2011.

Taking care of your uniform isn't a suggestion, it is mandatory. Just because some people don't clean up their appearance, doesn't mean every one should follow that example. Taking a little pride in your uniform can go a long way.

I have heard many people make the excuse "I get too dirty doing my job. Why straighten out my uniform just to mess it up." That's no excuse. Showing up on time in uniform is important, but showing up on time in a freshly pressed uniform displays professionalism and pride in your job.

Taking care of your uniform doesn't just reflect well on you. The way you take care of your uniform and carry yourself is a direct reflection of your supervisor, squadron, commander and branch of service. Taking care of your uniform shouldn't just make them proud of those working for them; it should make you proud to be an Airman in the U.S. Air Force.



Staff Sgt. Natalie Gatewood, HAWC dietician, discusses proper portions of each of the food groups. Sergeant Gatewood holds regular classes on health eating to include a commissary tour, cooking courses and more.

Relaxation, Health and Wellness

@ the Health and Wellness Center

BY STAFF SGT. NICHOLASA REED

48TH FIGHTER WING PUBLIC AFFAIRS

Everyday people pay hundreds of dollars for massages, diet programs, health advice and more.

What Liberty members may not know is these services and more are available for free at the RAF Lakenheath Health and Wellness Center.

“Our services are free; just come, sign in for the service and enjoy,” said Tech. Sgt. Michael DeCarmo, HAWC NCO in charge.

Services available at the HAWC include:

Blood pressure checks – The staff of the HAWC conduct regular blood pressure checks on a walk-in basis.

Dietary services – A fully trained dietician is on staff at the HAWC Mondays through Fridays. Staff Sgt. Natalie Gatewood is available for one-on-one or group counseling. In addition to private diet counseling, Sergeant Gatewood offers several regular classes including Sensible Weight, Emotional Eaters and a Commissary tour to discuss how to read labels and make wise choices.

Savings – many internet-based dietary services charge a start up cost and monthly fee ranging \$65 and up for the first two months alone.

Light therapy room — Light therapy is especially helpful during the winter months when the hours of daylight decrease. Symptoms resulting from lack of the sun’s healthy ultraviolet rays include overeating, anxiety, sleep problems and lethargy. HAWC staff suggest two to three 20 minute sessions to start with and a session weekly for maintenance. “You won’t notice the change in attitude, but those around you will notice you’re more upbeat,” said Tech. Sgt. Michael DeCarmo.

Savings – Purchasing a lamp and bulbs can cost \$200 or more on the average, not including the cost of replacement bulbs.

Relaxation room – “This is a great reward after a hard workout,” said Maj. Jacqui Davis. Mood-lighting illuminates a massage chair and a selection of relaxation music available inside this room. Individuals are welcome to utilize the room in 30 minute increments whenever it is available.

Savings – Typical massage chairs run about \$3,000.

For more information, call the HAWC at 226-2710 or visit their webpage on 48FW.com at <https://48fw.lakenheath.af.mil/C2/C3/Combat%20Fitness/default.aspx> for a schedule of classes.

Many of the same services available at the RAF Lakenheath HAWC are available at the Mildenhall HAWC as well.



Senior Airman Alexe Perez takes advantage of the light therapy room at the HAWC. The therapy is used to combat the winter blues or Seasonal Affective Disorder. The room is available to individuals or groups. The staff recommend using the room two-three times for the first week and once weekly for maintenance.

200 flying hours inspection



Photo by Airman 1st Class Kris Levasseur

Staff Sgt. Justin Hall, 48th Equipment Maintenance Squadron F-15 engine specialist, removes an engine panel on an F-15 E Strike Eagle as part of a phase inspection. Phase inspections take Airmen several days to complete. Inspections are performed after 200 flying hours to ensure the F-15 E doesn't have any issues in the air.

—Leadership page 8—

You must always be willing to go the extra mile to solve the problem. If you show your people you are willing to run through brick walls for them or the mission, they will reward you with the same attitude. If you show them you quit the fight at the earliest possible opportunity, then do not be surprised if they respond in kind.

In today's shrinking and cash-limited Air Force, no organization can tolerate those who do not meet our exacting standards. If there are Airmen in your shop who are not meeting your standards then you need to take action. It should not matter if your shop is undermanned. If removing someone who fails to meet standards means you work more shifts, longer hours or have more tasks to accomplish, so be it. We must not hesitate to remove from the team anyone who fails to meet the standards we set and maintain. Do not drag the weak along forever. Once you have given them ample training, mentoring and opportunities it is time to cut your losses. Dragging along the weak swimmers actually crushes the morale of those who are meeting standards. Most people would rather work an extra shift than see the incompetent allowed to continue as a full-up team member. Do your people a favor and shed the dead weight, they will thank you for it.

You can really sum up most of the above as "Integrity First" and "Excellence In All We Do." The next concern is "Service Before Self." None of us is above doing whatever it takes to get the mis-

sion done. I realize many shops have back office personnel who traditionally work limited shifts. I also know I have personally told the NCO in charge of my shop they can schedule me as necessary to get the mission accomplished. You will never hear me griping about working more than the minimum required shifts per month. The mission is first. Period. Each of you must step up with the same level of commitment. Becoming an NCO, senior NCO or officer does not exempt you from hard work in the trenches. Indeed, being an officer, commissioned or non-commissioned, means you work that much harder than those around you. If you want to gripe, keep it to yourself. Negative attitudes are like a cancer, and leaders cannot allow tumors to affect the mission. Manning will only get worse. If we do not pitch into this fight with 100 percent effort, if our junior Airmen do not see us pitching in a positive attitude on top of that, then we will fail. We cannot afford to fail.

To wrap this up I offer you the following guidance: set the standard, be the example, correct those who fail to meet the standards, give your teammates 100 percent of your efforts and maintain a positive attitude. Each of you has the power to correct errors in anyone at any time. Do not accept less than perfection and do not accept negativity. This article was not intended for anyone specific, nor did it result from a specific incident. If you felt it was about you specifically then I would ask you to look in the mirror and honestly assess yourself, your commitment to your organization, this wing, Air Force and country. If you find yourself wanting, if you are giving less than your best, now is the time to fix it. Now.

Takin' it to the hole



Photo by Airman 1st Class Kris Levasseur

Joseph Hampton, 48th Munitions Squadron, drives on number 12 Kenneth Bush, 48th Security Forces Squadron, while William Bequette, number 23, and Mario White, number 00, cover the lane during the first round of the over 30 intramural basketball tournament Monday. MUNS crushed SFS 58-28 to advance to the next round. The final game is 6:30 p.m., Wednesday.

Stride out with the Lakenheath Longstriders

BY SENIOR AIRMAN ERIC DONNER

JET 48 EDITOR

As the New Year heads into its second month many individuals may find their New Year's fitness resolutions coming to an agonizing halt. The Lakenheath Longstriders, a local running group, can help individuals continue with their fitness goals.

According to Dee Steel, Longstrider member, running with a group helps keep all members focused on their goals.

"Running with a group encourages camaraderie and especially the motivation to get up and go, even in the rain or cold. The miles seem to melt away as you and your friends talk, solving the world's problems or venting over everyday stresses of life," Mrs. Steel said.

The Longstriders club is open from novice runners to advanced runners, and some events are open to families.

"The best thing about our running group is that everyone truly can run at their own level. We try to pick races that accommodate differ-

ent distances. There are no rules. We have people join us on trips who just want to cheer us on," added Mrs. Steel.

The Liberty Wing running group not only promotes fitness, but also gives members the opportunity to travel.

Recently, the Longstriders traveled to Lake Balaton, Hungary. The runners completed a half marathon, 13.1 miles, on their own or as a two-person relay team.

The ladies of the Longstriders are training for their next event, a marathon in May in Keswick, England. According to Mrs. Steel, it is renowned as England's most scenic road race. Near woodland lakes, there are also 1.5 km and 3.2 km fun runs to accommodate those who want to make it a family event.

In the past, the Longstriders have also traveled to the Black Forest, in Germany and Nice, France.

For more information on the Liberty Longstriders, e-mail longstriders@btinternet.com.

Intramural basketball standings

Squadron	Win	Lost	Squadron	Win	Lost
1) CMS	7	0	8) 492ND FS	4	3
2) CS	6	1	9) AMXS	4	4
3) MDG	6	2	10) EMS	2	6
4) CES	6	2	11) MUNS	1	7
5) SFS	6	3	12) DECA	1	7
6) SVS	5	3	13) 56 AMU	0	9
7) LRS	5	3			

Standing current as of Tuesday



Discover Britain

— By Natalie Benge - Community Relations Advisor —

What are the icons of England?

A Web site celebrating the things that make England unique was launched a year ago in January 2006. “Icons - A Portrait of England” helps the public enjoy and celebrate the country’s cultural treasures. Anyone can nominate their favourite icons and the things they cherish most about life in England today. With these nominations, the icons project will piece together a portrait of England in the 21st century. People can vote on each other’s nominations and submit anecdotes and comments about their chosen icons.

After the first year, there were 934 nominations for icons of England, covering a wide range of images, including Rupert Bear, Blue Peter badges, Tower Bridge, the Daleks, Conkers, HP sauce, Seaside rock and Wallace and Gromit.

Some of the most popular icons include:

Houses of Parliament

Soaring above the Thames river is the Palace of Westminster. Originally a royal dwelling, it was built by Saxon ruler Edward the Confessor in the 11th century, and William I moved there from the Tower of London after the Norman conquest. All this stopped in the 16th century when it was adopted as the assembly place for the House of Commons and House of Lords.

In 1834, a fire broke out that destroyed much of the old palace. The magnificent Gothic Revival masterpiece we see today was built between 1840 and 1888 and designed by Charles Barry. The Houses of Parliament has survived most of the turbulent times since it was built. Although heavily damaged after the London Blitz, the building still stood and became a symbol of democratic resistance to fascism. The “Mother of all Parliaments” is very popular with tourists, who can go into the Strangers Galleries to watch proceedings of either the Lords or Commons. The Commons can be highly entertaining during Prime Minister’s Question Time, when backbench Ministers of Parliament and the premier take part in the very English ritual of exchanging polite but vicious insults.

Pillar Box

The Royal Mail red pillar box is one of the most familiar items of British street furniture. Introduced in 1853, only 13 years after the foundation of the penny post, it meant posting a letter no longer involved making a trip to the nearest Post Office. Pillar boxes always bear the monogram of the reigning monarch, and some of the most iconic examples of this particular icon are those that show the initials V.R., for Queen Victoria, making them over a century old. Though we may take pillar boxes for granted, a tour through their changing designs and an exploration of the part they play in the national postal collection system can be surprising and fascinating.

Afternoon Tea

It’s said that Anna, the seventh Duchess of Bedford, introduced this fashionable pause for tea, cake and sandwiches in approximately 1830. Usually served between four and five in the afternoon, it was generally eaten in the drawing-rooms of the upper classes and staved off hunger pangs during the long wait between lunch and dinner.

In the average English household, afternoon tea is little more than a swig of hot tea and a biscuit, but the traditional version seems as popular as ever in London hotels like the Dorchester and Claridges, and in tea rooms in the West Country.

The quintessential afternoon tea features crust-less sandwiches, cakes and pastries, and tea served in bone china cups from a silver teapot. The cream teas served in the West Country with scones, fresh cream and jam, are a delightful variation on the theme.

Real Ale

No village pub would be the same without the sight of a regular supping real ale from his tankard. But what makes it so special? Consumers will tell you it’s all in the taste. The ale must be ‘alive’ when it is drunk, with yeast still present in the container from which the beer is served. It goes through secondary fermentation that allows the complex and interesting flavours to develop, producing a far more full-bodied mouthful. It should be served without the aid of added gas, and dispensed from a hand pump. The drink’s profile has been raised by the Campaign for Real Ale.

Beefeaters

What’s the strangest job in England? Being a Beefeater, or rather, Yeoman Warder, has to be in the Top Five. If you’re lucky enough to join, there are only 35 Beefeaters at any time, you’ll get to live in the Tower of London itself. The rent is deducted from the Beefeaters salary. You’ll also get a whopping 7 weeks’ holiday a year and two very smart uniforms. The Blue Undress Uniform is for everyday wear and was granted to the Beefeaters by Queen Victoria. The formal-wear version is the very famous red and gold tunic with a Tudor bonnet, designed in 1552 – Queen Elizabeth I herself introduced the ruff! Originally, the Beefeaters were invented by King Henry VII as his personal bodyguards. The job description has changed in the last five hundred years, though; nowadays the Beefeaters act as guides to the Tower of London, attend state ceremonies and look after the all-important ravens. The legend states if the ravens leave, the White Tower will crumble and the collapse of England will follow.

The Black Cab

London prides itself on having the best taxi service in the world. Its Austin black cabs are an instantly recognisable part of the landscape of the road (although not all of them are black). Officially known as the hackney carriage, they began as a set of fewer than 20 horse-drawn carriages in the early 17th century. By Cromwell’s time, there were 200, and cab-driving had become a fully fledged profession. So professional has the job traditionally remained that all London cabbies are still expected to acquire the Knowledge, a famously difficult back-of-the-hand familiarity with the complete A-Z of the capital. Did you know that drivers are not legally obliged to pick you up if the cab is moving (even if their yellow light is on)? Or that the fares are still set by Parliament? Now you know whom to blame

Look out for more English icons in future articles

Information taken from www.icons.org.uk.

For more information on living in Britain call Natalie Benge, Community Relations Adviser, at 266-3145, or email natalied.benge@lakenheath.af.mil.

Roundabout construction



Photo by Senior Airman Eric Donner

The Suffolk County Council is planning road construction on the Eriswell roundabout on the B1112, the roundabout at RAF Lakenheath's back gate. Road work will be from 9 a.m. to 3 p.m. Feb. 26 and 27. The roundabout will not be closed, but due to construction, expect traffic congestion when entering and departing the back gate.

Worried about the weather?

For information on base and school weather delays or closure, call 226-3541 or off base (01638) 523 541 for RAF Lakenheath; and 238-3541 or off base (01638) 543 541 for RAF Mildenhall.



Air Force Ball

There will be an Air Force Ball meeting at 12:30 p.m., Thursday at the Knights Table dining facility. For more information, contact Staff Sgt. Suzy Madrigal Ames at 226-1791 or Tech. Sgt. Debra Downey at 226-4968.

Valentine's Day

The 48th Aircraft Maintenance Squadron will be taking orders for large personalized cookies, candy bouquets, chocolates and balloons to be delivered on Valentines Day. Orders will be taken Tuesday from 10 a.m. to 2 p.m. at the Lakenheath Post Office. For more information, contact amxs_key_spouse@yahoo.com or call 226-2620.

Sports physicals

The pediatrics clinic will conduct sports physicals Feb. 21 at 1 p.m. Appointments can be made through the appointment line or the front desk. Arrive 20 minutes prior to fill out all paperwork.

Company Grade Officer Council

A CGOC meeting is 3 p.m. today at Eagles' Landing. The guest speaker is Lt. Col. Benjiman Davis, 48th Equipment Maintenance Squadron commander.

Animal welfare officer

The animal welfare officer handles all pet concerns. The AWO provides education and information on owning a pet on a military installation. For more information, call the pet welfare office at 226-5796.

OCSC function

The Officer and Civilian Spouses Club will host a function 10 to 11 a.m., Tuesday at Eagles' Landing. The theme is "Love Your Heart," with guest speaker, Ronda Carter, RN, BSN. For more information or to RSVP, contact Stacey White at sj_white99@hotmail.com or (01638) 668 296.

Babysitter's course

An American Red Cross Babysitter's Course is 9 a.m. to 5 p.m., March 10. The class is in the Airman and Family Readiness Center, RAF Lakenheath. For more information or to sign-up, call the American Red Cross at 226-1855.

MOVIES

RAF Lakenheath 226-2139

Today

6:30 p.m. The Holiday, PG-13, starring Cameron Diaz and Kate Winslet. Iris is in love with a man who is about to marry another woman. Across the globe, Amanda realizes the man she lives with has been unfaithful. Two women who have never met and live 6000 miles apart, find themselves in the exact same place. They meet online at a home exchange website and impulsively switch homes for the holiday. Iris moves into Amanda's L.A. house in sunny California as Amanda arrives in the snow covered English countryside. Shortly after arriving at their destinations, both women find the last thing either wants or expects: a new romance.

9 p.m. Turistas, R, starring Josh Duhamel and Melissa George. A group of young backpackers' vacation turns sour when a bus accident leaves them marooned in a remote Brazilian jungle that holds an ominous secret.

Saturday

1 p.m. Happy Feet, Pg, starring Savion Glover and Elijah Wood. Set deep in Antarctica and into the land of Emperor Penguins, where each needs a heart song to attract a soul mate, a penguin is born who cannot sing. Our hero Mumble, son of Memphis and Norma Jean, is the worst singer in the world – however, as it happens, he is a brilliant tap dancer!

3:30 p.m. The Holiday, PG-13

6:30 p.m. Turistas, R

Sunday

2 p.m. The Messengers, PG-13, starring Kristen Stewart and Dylan McDermott.

A family moves into a run-down sunflower farm. As the farm begins to revive after years of disrepair, the family begins to notice uncomfortable and alarming changes in their father's behavior.

5:30 p.m. The Messengers, PG-13

Monday

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Tuesday

6:30 p.m. The Messengers, PG-13

Wednesday

6:30 p.m. The Messengers, PG-13

Thursday

6:30 p.m. The Holiday, PG-13

RAF Mildenhall 238-4955

Today

6:30 p.m. Freedom Writers, PG-13, starring Hilary Swank and Imelda Staunton. A dedicated California teacher finds a way to unify her disadvantaged, racially divided students, and to improve their grasp of academics, partly by having them keep journals about their violent, troubled lives.

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6:30 p.m. Catch and Release, PG-13, starring Jennifer Garner and Timothy Olyphant. After the sudden death of her fiancé, Gray Wheeler finds comfort in the company of his friends: lighthearted and comic Sam, hyper-responsible Dennis, and, oddly enough, his old childhood buddy Fritz, an irresponsible playboy whom she'd previously pegged as one of the least reliable people in the world. As secrets about her supposedly perfect fiancé emerge, Gray comes to see new sides of the man she thought she knew, and at the same time, finds herself drawn to the last man she ever expected to fall for.



Briefs

Varsity volleyball

Anyone interested in playing varsity men's and women's volleyball, contact 1st Lt. Rob Loniewsky at 226-5904 or Tech. Sgt. Sheldon Briggs at 226-3878.

Scholarship application

Applications for the Lewin and Irene Brown Community Service Scholarship are available for pick up from Kent Daugherty, Lakenheath High School senior counselor. The scholarship is presented to a minor dependent whose sponsor is a U.S. military or U.S. civilian member employed at the RAFs Mildenhall, Lakenheath or Feltwell. Application deadline is March 23. For more information, contact Melissa Conley at melissaconley@mac.com, Alison Kitching, at alison@alikona.com, or Kent Daugherty at Kent.Daugherty@eu.dodea.edu.

Commissary scholarship

The RAF Lakenheath and RAF Mildenhall commissaries are giving away a \$1500 scholarship. Qualified applicants may apply at either commissarie's. The deadline is Feb. 21. For more information on the scholarship, visit www.commissaries.com or call 226-3515.

Volunteers needed

Volunteers are needed for Lakenheath Elementary School's annual Bazaar and Carnival, Saturday at the school cafeteria and gym. Set-up, tear-down, vendor escorts and game helpers needed. For more information, e-mail tracyt@gmail.com.

Airman and Family Readiness Center

(For more information call 226-3847)

Spouse reintegration training

A spouse reintegration training course is 3 to 4:30 p.m. today. The class will provide information and skills to spouses to ensure a positive homecoming experience.

Pre-separation briefing

A pre-separation briefing is 1 to 3 p.m., Tuesday and Feb. 20, and 9 to 11 a.m., Feb. 13 and 27. The class fulfills the mandatory requirement for all personnel retiring/separating from the military.

Newcomers bus tour

Newcomers bus tours are 8:45 a.m. until 2:30 p.m., Feb. 16 and 23. The newcomers tour includes visiting the historical town of Bury St. Edmunds, the cathedral, eating in a pub, shopping and free time to explore. The tour today will be to Duxford Imperial War Museum.

Pet scoop

The pet scoop class is 2 to 5 p.m., Feb. 21. A pet specialist will assist military families to properly plan for shipping their pets.

Financial foundations

A financial foundations course is 8 to 9 a.m., today, Feb. 16 and 23. The money management class includes goal setting, budgeting, credit and debt management and basic investing.

Resume writing course

A resume writing and interview techniques course is 9 to 11 a.m., Feb. 28. This class teaches basic resume formatting with sample resumes as well as interviewing skills and techniques.

Lakenheath Chapel schedule

Catholic

Saturday Mass 5 p.m.

Sunday Mass 9:30 a.m.

Holy Day Mass 11:30 a.m. and 6:30 p.m.

Weekday Mass Monday, Wednesday,

Thursday and Friday 11:30a.m.

Reconciliation Saturdays 4 to 4:20 p.m. or by appointment.

Protestant

Liturgical Service 8 a.m.

Traditional Protestant Service 11 a.m.

Gospel Service 12:30 p.m.

Contemporary Service 4:30 p.m.

For more information about worship times or other chapel programs, call 226-3711.